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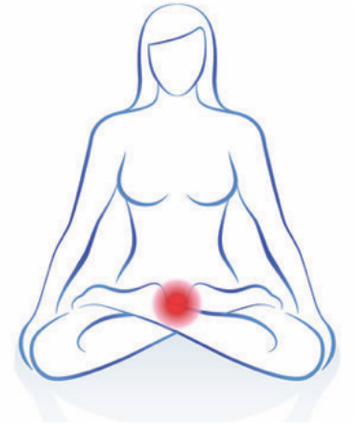
THE CHAKRA SYSTEM

More · 7 November 2019

Chakra is the Sanskrit term for wheel and nadi, channel. Applied to the body, nadis are channels that circulate life force energy throughout the body. The points at which they intersect are chakras, where life force gathers, projects outwards and receives inwards. The chakras are all connected via the nadis. Yogic texts suggest that there are around 72,000 nadis and 88,000 chakras. Along the spine there are three primary nadis. They intersect at seven points from the base to the crown, creating the chakras most well known today — root, sacral, solar plexus, heart, throat, third eye and crown.

When a chakra system is well balanced and clear in an individual, they radiate a powerful aura of life, intelligence, happiness and peace which positively affects everything around them. Afflictions, distractions and conflict scatter and impede natural energy flow and cultivation. Tantric and Yogic practices aim to clear and revitalise the chakra system. Each of the seven primary chakras govern an aspect of life and evolution of the soul.

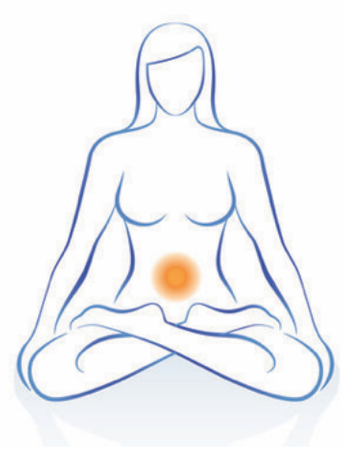
ROOT CHAKRA



Colour — Red
Location — Pelvic floor
Sanskrit — Muladhara
Properties — Physical vitality, foundation, procreation
Yoga — Hatha & Kundalini
Element — Earth
Scent — Sandalwood, myrrh
Sense — Smell
Body — Nose, feet to pelvis, bones, colon, immune system, excretory system, gonads & ovaries, blood
Related Diseases — Osteoporosis, cancer, impotence & infertility, anaemia, IBS, depression, dissociative disorder

The Root Chakra governs our relation to the ground and physical dimension, vitality, passion, primal sexuality and survival instincts. This chakra provides the foundation for all other chakras. Too much energy in this chakra results in a territorial, hot-blooded and potentially violent individual. Marking territory is of high importance to them. They mindlessly trespass boundaries of others with dominating primal force. They doggedly refuse to follow authority, despise change and get easily angered. They tend toward issues of weight gain, overactive libido, laziness and depression. Too little energy in this chakra results in an insecure, disempowered and submissive person. They tend to dissociate from the world, struggle to complete tasks and leave disorder about them hindering forward movement. They don't cope well in large groups or parties. They often develop unhealthy addictions in vain attempts to find stability. They tend toward issues with weight loss, under-active or non-existent libido, anaemia, fear and anxiety. When this chakra is balanced, it provides vitality, stable-mindedness, healthy libido, competence and strong boundaries for an individual. Balance this chakra by walking barefoot to earth, sleeping on or close to ground, exercise to strengthen the feet, ankles and legs. When overactive, vigorous exercise and intellectual learning are helpful. When under-active, single-pointed focus, completing simple tasks, and slow, strengthening exercises are helpful.

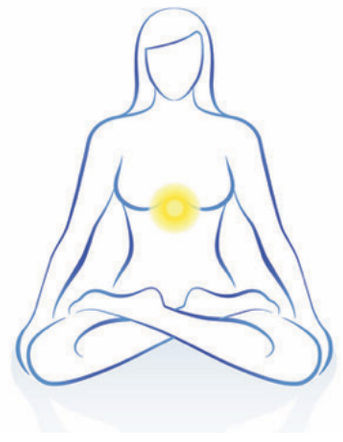
SACRAL CHAKRA



Colour — Orange
Location — Bowl of pelvis
Sanskrit — Svadisthana
Properties — Sensuality, sexuality, contentment, pleasure, desire, adaptability
Yoga — Tantra
Element — Water
Scent — Jasmine, orange blossom, gardenia
Sense — Taste
Body — Tongue, intestines, genitals, lymph, kidneys, lower back, sacrum, pubis
Related Diseases — Fluid retention, urogenital infections, irregular menses, IBS, STDs, bi-polar, addictions, lymphedema, lymphoma, anxiety disorder

The Sacral Chakra governs the tangible connections with ourselves and others. It rules emotion, contentment, empathy, sensual expression and sensory pleasure. Too much energy in this chakra results in an individual who is inconsistent, dramatic, manipulative, mentally tumultuous and indecisive, highly emotional and uncontrollably sexual. They develop clingy attachments to others and bitterly criticise and ostracise those they don't like or know. They commonly develop addictions to food, alcohol sex and/or drugs. They have insatiable desire and habitually seek instant gratification. They need constant validation from others. Too little energy in this chakra results in a doubtful, guilt-ridden, self-effacing type person. They deny themselves pleasurable things and meaningful connections. They struggle with creativity and identity, burn out and get taken advantage of easily, often without even realising it until after it's happened. Sexuality to them is daunting or exhausting. A balanced sacral chakra presents in someone who is sensual, chameleonic, loves to move and who holds qualities of adaptability and creativity. They easily accept and ride the waves of change. To balance this chakra dance and regularly exercise with broad movements and deep stretches, especially around the hips and buttocks.

SOLAR PLEXUS CHAKRA



Location — Navel
Sanskrit — Manipura
Properties — Power, self esteem, drive
Yoga — Hatha, Karma & Raja
Element — Fire
Scent — Lemon, frankincense, wattle, palo santo
Colour — Yellow
Sense — Sight
Body — Eyes, face, stomach, liver, gallbladder, pancreas
Related Diseases — Poor digestion, acid reflux, liver disease, gallstones, stomach ulcers, inflammation anywhere in the body, acne, psychopathy, sociopathy, narcissism

The Solar Plexus is known as the "city of jewels" in Sanskrit. It rules over attitude, resilience, respect, personal power and success. It determines how well one can be their own leader and lead others. Too much energy in this chakra results in individuals who are overly fastidious, hot-tempered, hyper energetic and competitive. They have to be right and dominant over others around them. Their relationships struggle due to their constant battle for power and conquest over love. they tend toward narcissism and in extreme cases, they become psychopaths and sociopaths. Too little energy in this chakra results in people who are nervous, lack self-discipline, confidence and question their every action. They feel inherently inferior and seek approval from others, even from those they don't know. They harbour petty jealousy, distrust and miserliness. They live their life vicariously through others and relationships are difficult because they tend to fall under their partner's power. A balanced solar plexus chakra presents in someone who is in harmony with their environment, holds a resilient, cheery and confident attitude, has self respect and a decisive mind. They set goals and achieve them efficiently with discipline, motivation, prioritisation and fierce determination. They become naturally strong leaders. These individuals become the pioneers other's aspire to be like and follow. To balance this chakra, navel twists, and core strengthening exercises greatly help as well as daily sun bathing time.

HEART CHAKRA

Location — Heart
Sanskrit — Anahata
Properties — Love, compassion, being at one with nature
Yoga — Bhakti
Element — Air
Scent — Eucalyptus, rose, gardenia
Colour — Green
Sense — Touch
Body — Skin, heart, lungs, hands, thymus gland, circulatory system
Related Diseases — Pneumonia, asthma, bronchitis, heart murmurs, palpitations & attacks, circulation issues, hypertension, thoracic spine issues

The Heart Chakra is associated with unconditional love, trust, clarity, peace, kindness, acceptance and deep understanding without need for words or definitions. Anahata, the Sanskrit term, translates as 'unstruck, unhurt and unbeaten'. Other chakras seemingly outshine it because love is a subtler, silent power. Too much energy in the heart chakra results in one with hyper sensitivity to extremes of feelings, especially of pain and suffering in the world. Deep grief and despair can weigh in heavily and override body and soul, severely impairing immunity, self-protection and forethought. These individuals need time in peaceful, nourishing solitude and simple surrounds to rebalance. They also need to be careful in selecting people to be close to i.e. those who reciprocate and honour their love and intensity. Too little energy in this chakra is common. Lower chakras dominate, meaning people tend to be more about territory, power, sex and materialism before love. Actual love rarely enters their world because they block it. Their concept of love is confused. Deep inside, they feel unloved, cold and distant from the world and constantly seek to take love from others without reciprocating it. When this chakra is strong, it has an extraordinarily powerful way of permeating all things with loving energy. It fills one with compassion and love. Actions come from love and gratitude. Others are drawn to these individuals as their uncomplicated presence evokes peace. To balance this chakra, immerse yourself in nature and reconnect to your roots — earth, true family and friends. Open your perspective. Walk forth in life with trust in yourself and without depending on others to hold you. Exercises stretching open the thoracic spine and heart area help as well as dancing across the earth, revelling in its beauty.

THROAT CHAKRA

Location — Throat
Sanskrit — Vishuddha
Properties — Creative intellect, transformation of energy through words and images
Yoga — Mantra
Element — Ether
Scent — Basil, blue chamomile, rosemary
Colour — Blue, silver
Sense — Speech, hearing
Body — Ears, thyroid & parathyroid glands, trachea, vocal folds, sinuses, joints, nasal passage, tonsils
Related Diseases — Hyperthyroidism, hypothyroidism, throat infections, tonsillitis, damaged vocal folds, muteness, dental/jaw problems, cervical spine issues, muscular tension around neck & shoulders

Above the Heart, the chakras govern more ethereal, intellectual and creative aspects. The Throat Chakra governs unique expression of truth and soul, the voice, communication, artistic and intellectual creativity. In Sanskrit, the word Vishuddha means purification. Too much energy in this chakra results in overly analytical, pedantic individuals who speak excessively and erratically. They are often at odds with their own thinking, struggle with listening to others, intellectualise everything, avoid vulnerability and antagonistically assert their truth over others. Too little energy in this chakra results in individuals who are very softly spoken, with a timid, even trembling manner when it comes to expressing their views. More often than not, they are unable to speak up for themselves and be heard. They may also be forgetful and struggle with articulating their true feelings. Those with a balanced throat chakra have overall clarity and seek to prevent that from being tainted. They may be brilliant musicians, are able to meditate easily and attain transcendental states. They use their energy efficiently and effectively to fulfil deeper desires because their decisions arise from crystal clear intellect. They have highly attuned creativity and communication skills and detect lies and truth very well. They are connected to their true and unique nature and have ease with expressing themselves. To balance this chakra, creative expression such as painting, crafting, singing and acting greatly help. Reciting mantras and journaling are also very useful.

THIRD EYE CHAKRA

Location — Mid upper brow
Sanskrit — Ajna
Properties — Genius, mind, telepathy, foresight, intuition
Yoga — Jnana
Element — Light
Scent — Lavender, sage, vetiver
Colour — Indigo, gold
Sense — Inner knowing
Body — Brain, cochlea, optic nerves, pituitary and pineal glands
Related Diseases — Vision problems, hearing difficulties, chronic stress, headaches & migraines, panic attacks, depression, learning issues, autism, ADD, ADHD, insomnia, insanity, schizophrenia

The Third Eye Chakra is the gateway to enlightenment, the seat of the higher self, genius and intuition. Ideas, dreams and ambitions land in this intelligence centre from the Crown Chakra and are then categorised and prioritised for implementation. The Third Eye governs telepathic, clairvoyant, clairaudient and clairsentient abilities. Too much energy in this chakra results in an overactive imagination with individuals tending to live in a fantasy world disconnected from reality. Cynicism, over-intellectualising and apathy for others can dominate their mindset. The addictive, constant influx of insights leads to the lower, primal chakras losing energy. This means vitality and immunity weaken, mental disorders prevail and the drive to achieve goals is lost. However, they may well be very capable at outsmarting and manipulating others to do their work for them. Too little energy in this chakra results in a person with memory and/or learning difficulties, visual, imaginative and creative "blocks". Their intuition is poor and they insensitively oppose or walk on others' creative ideas. They tend to think in black and white and prefer logic over creativity. They're stubborn in acknowledging that rational and creative thinking can coexist because they don't understand how they can. These people struggle to make big life decisions in alignment with deeper desires due to their inner vision being clouded. A balanced Third Eye means results in an individual with sharp intelligence, intuition, foresight, charm and mystique. They have little to no fear of death. Obstacles on their path cease to be an issue quickly because they find other ways and see obstacles as lessons to be learned from. They may have insight into past lives, be capable of communicating with beings from other realms such as angels, demons and lost spirits. To balance the Third Eye, work on balancing the lower chakras first. This will establish healthy foundations for the Third Eye. You can then use meditation, pranayama, visualisation, the practice of lucid dreaming and sound nidra to further clarify the third eye, to name just a few practices.

CROWN CHAKRA

Location — Crown of head
Sanskrit — Sahasrara
Properties — Divinity, spontaneity, miracles, cosmic consciousness, bliss, peace, being
Yoga — Meditation
Element — Sound
Scent — Cedarwood, honey
Colour — White / Violet
Sense — Higher Self, Supreme Consciousness
Body — Nervous System
Related Diseases — Neurological diseases, Parkinson's, Alzheimer's, dementia, paralysis, epilepsy, multiple sclerosis, senility

The Crown Chakra is the portal of the body through which the divine is channeled into. As the Base Chakra connects us to Earth, the Crown Chakra connects us to the Universe and Divine. Sahasrara, the Sanskrit term for the Crown Chakra, means 'thousand fold' and so the chakra is depicted as a white or violet lotus with a thousand petals which represent absolute wisdom. This chakra is about enlightenment, order, personal and spiritual evolution, acting from bliss and divine spontaneity, simply being, embodying pure joy and ecstasy. It unites the soul with body, heart and mind. When this chakra is open but undeveloped, the Crown Chakra can lead to obsessive, erratic and scattered thinking, questing for the "spiritual" at the expense of mundane but necessary and stabilising life duties. These people often struggle to fit into culture, society and family. Suicide very commonly happens with these individuals because they don't know how to cope in the physical world and may not have found anyone who can safely and lovingly guide them.

When this chakra is unopened it results in a rigid, selfish, spiritually naive and skeptical person. They may hold a generally pessimistic outlook, lack ethics and struggle with finding their true identity. These individuals don't receive or block divine guidance and inspiration which leads to deep soul rage and colossal feelings of unworthiness of anything blissful or divine in nature. However, they may still strive for it and try to snatch it from others, believing they alone are not capable of embodying the divine. This can cause great harm to others and the world. They may also believe that because they can't be divine, no-one and nothing else can. When open and well developed, individuals feel connected to everything. They may be able to perform miracles, transcend laws of nature and receive crystal clear understanding of the cycles of life, death and immortality. They can access their infinite potential and knowledge of the cosmos. They easily tap into their playful, childlike nature and hold an air of ethereal wisdom. To open and develop the Crown Chakra, meditate in a supine or lotus position. Believe in their being a Supreme Consciousness who/which creates, maintains and destroys all things. Express gratitude for life with grace. Take time and space away from everyone else all stimulation and unnatural noise to sit with yourself and simply be. Fast, eat lightly and drink cleanly (i.e. water, herbal teas and fresh juices). Get off drugs, stimulants and alcohol and moderate sugar and salt consumption.

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